

Let's talk about **ADHD**

**3 week psychoeducational group for parents/caregivers to support
the children in our lives diagnosed with ADHD**

Presented by Child and Youth Mental Health



Week 1: Tuesday, October 10th—9:00-10:30am

“What is ADHD? What does it look like?”

Week 2: Tuesday, October 31—9:00-10:30am

“Tips and Tools for Parents”

Week 3: Tuesday, November 21—9:00-10:30am

“Community/School Support and Medication/Other Treatment Options”

ALL SESSIONS WILL BE HELD AT THE Y EARLY YEARS CENTRE LOCATED AT 150 WOOD STREET.

PLEASE CONTACT SARAH AT 250-376-4771 TO REGISTER

CHILDMINDING SPACES AVAILABLE-PRE-REGISTRATION IS REQUIRED